OPEN Arms

*March 1998 * Vol 10 Number 3*

P.O. Box 845 Mishawaka, IN 46546

COMMUNITY OUTREACH PROGRAM

At a recent committee meeting of wimmin from different groups, we discussed ideas of how to get more wimmin involved. We all decided that we had met a lot of new friends and family at potlucks, so therefore, we have scheduled a community potluck to be held once a month at the Southside Christian Church, 1329 East Jackson Road (off Miami Road), South Bend.

EVERYONE IS WELCOME:
Bring a Dish to Share

Saturday, March 14.....at 6:00 P.M.
Saturday, April 11.....at 6:00 P.M.
Saturday, May 9.....at 6:00 P.M.

Following these dates, we will re-evaluate the program and get the participants imput on scheduling additional potlucks and other social events.

CHICAGO FIELD TRIP PLANNED

Jamie (swivel hips) Anderson will be performing at the Mountain Moving Coffee House in Andersonville, Illinois on April 18. *Open Arms* has reserved two vans, so the first 24 wimmin who send in $5.00 per person (non-refundable) to Open Arms no later than April 1, will be guaranteed a seat. We will meet Saturday April 18th in the parking lot of Southside Christian Church at 1:45 p.m. and leave for Chicago at 2:00 p.m. sharp. If you want to carpool and/or caravan, join us in the parking lot. This will give us time to eat and visit the bookstore down the street before the 7:00 show. There will be a donation at the door for the show and you will need money for food and any other items you may care to purchase. If you've see Jamie, you will be excited about this, but if you haven't, believe us you'll want to. She sings wonderful songs like "Closets are for Clothing," "Bad Hair Day," "Straight Girl Blues," etc.
For more information call 219-271-0338

FEMALE ROOMMATE WANTED TO SHARE 1/2 RENT AND 1/2 UTILITIES IN NILES, MICHIGAN PLEASE CALL DEBBIE AT 616-687-9535

Update on Radio Show "A Women's Circle"

WGCS, 91.1 FM, is in the process of erecting a tower to increase their listening range. The are aiming to have the tower project completed by the first week in March. Wilma Harder will be featuring the singer/songwriter duo *WISHING CHAIR* on her March 22 radio show. "A Women's Circle" is broadcast from 6:00 P.M. to 7:00 P.M. every Sunday evening.

SINGER/SONGWRITER DUO COMING TO THE ELECTRIC BREW IN GOSHEN

A duo called *WISHING CHAIR* will be performing at The Electric Brew on Saturday, March 28. Performances start at 8:00 P.M. and there will be a suggested donation of $4.00. *WISHING CHAIR* has one CD out entitled "Singing With the Red Wolves." The group consists of Kiya Heartwood and Miriam Davidson. They come together with outstanding songs, a magical blend of great vocals and unique instrumental combinations. "...music of heat, dust and sweat, a country rock sound, folk and Latin influences, and whiskey tinged vocals which will inspire Melissa Etheridge comparisons,".....from Lady Slipper.
The Electric Brew is located at 136 South Main Street in Goshen (U.S. 33 & S.R. 15 both run on Main St. for about a 6 block stretch). The Electric Brew is on the corner of Main and Washington. Open Arms encourages you to attend this event. Support wimmin's music in the community!!

OPEN ARMS DEADLINE/MEETING

The deadline for the April newsletter is March 15th. Submissions received after March 15th may not be published in the April newsletter. Mail submissions to Open Arms, P.O. Box 845, Mishawaka, IN or give to any staff member. For more information call or e-mail any staff member.....

e-mail address	mdills@juno.com
e-mail address	suze3@juno.com
Kaye & Marcia.....	219-271-0338
Suze.....	219-254-8676 (beeper)

community events

"SINGLED OUT" singles group

Our biggest turnout yet, was in January when we had a potluck and movie night. With 24 womyn there we ate, talked and well, we didn't watch the movies a whole lot. We did enjoy a 30 minute comedy tape rented from Morris Classic Video which starred Georgia Ragsdale. She is really funny. We hope you will join us in March for a cultural event. Although these activities are being planned with single womyn in mind, no one is excluded and everyone is welcome Any questions??? call Linda at 219-257-9082 or Lynn at 219-259-6801

UPCOMING ACTIVITIES:

Saturday, March 7, at 2:00 p.m. at the Snite Museum of Art at Notre Dame. Meet us there or meet at the Southside Church parking lot at 1:30 p.m. for a ride or to follow. We will go for pizza afterward.

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Saturday, ...Mountain Moving Coffeehouse...1650 West Foster, Ebenezer Lutheran Church, Andersonville, Illinois (773)-973-9934 Donation

Saturday, Mar. 21 ....MMCH.... Women of Color Poetry

Saturday, April 18 ....MMCH....Jamie Anderson.....

"Never Assume" is the most recent of her recordings. Touring nationally since 1987, Jamie sings "funny and touching songs about life and romances of an average goddess babe lesbian".

OPEN ARMS has reserved two vans to travel to the Jamie Anderson concert at the Coffeehouse. If you are interested in attending this concert, please call 219-271-0338 for more information

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Saturday, March 7, at 6:30 p.m.....At the Madame Walker Theater Center in Indy,... In celebration of Women's History Month, women poets perform and talk, featuring Indy poet, Karen Pope **for more info on this event call 317-236-2099** Mail MWTC, 617 Indiana Ave., Indianapolis, IN.

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Saturday March 14....Springfield Area Lesbian Outreach presents SUZANNE WESTERHOEFER ...8:00 P.M. at the Masonic Temple, 420 S. 6th Street, Springfield, Ill. $18.00 at the door For info call Salo 217-528-7296

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Saturday, March 21 .....Lavender Rhythm presents "Chase away those winter Blues" Dance .... 9 p.m. - 1 a.m. (IN. & MI.) times, Pickwick Club, Niles, MI. for more information call 616-684-7362

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Sunday, March 15..The 2nd Annual Leprechaun Ball 9:00 P.M.- 12:00 A.M. Vogue Nightclub, Indy Donation $10.00 at the door Info 317-767-4425

Saturday, April 4, ***WIA Goddess Rocks*** **Dance and Silent Auction** at The Garrison, 6002 N. Post Road, Indy for more info....WIA, P.O. Box 1427, Indianapolis, IN. 46206; e-mail, wia@indy.net; Home Page; http://www.a1.com.wia

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Did you know there is a support group for Gay, Lesbian and Bi-sexual Veterans of America (GLBVA)? They meet monthly in Chicago on the 1st Thursday, 7 P.M. at Ann Sather's for more info 773-752-0058

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LESBIAN SUPPORT GROUP

EVERY TUESDAY. 7-9 P.M. FOR INFO: WRITE TO LSG, P.O. BOX 1612, MISHAWAKA, IND. 46544

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Kalamazoo Gay/Lesbian Resource Center

C.A.R.E.S Building, Lower Level
629 Pioneer Street, Kalamazoo, Mich. 49001
voice mail: (616) 349-4234

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Every Sunday Morning 9:30 A.M .....A Wimmins' Group meets for breakfast at Theo & Stacy's 4311 S. Westnedge , Kalamazoo, MI.....open to all wimmin

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Lesbian Growth & Support Group meets Monday nights 7-8:30 p.m., Fort Wayne Woman's Bureau at 303 E. Washington, Fort Wayne. For More Information....219-424-7977 also in Fort Wayne...Gay/Lesbian Helpline 219-744-1199 Mon.-Thurs., 7-10 p.m., Fri.-Sat, 7-Midnight, Sun, 8-9 p.m.

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PFLAG (Parents & Friends of Lesbians and Gays) Meetings are from 2 to 4 p.m. the fourth Sunday of the month at Christ the King Lutheran Church, Cleveland Road, South Bend. Info...Nancy Mascotte 219-277-2684 or write P.O. Box 4195, South Bend, 46634-4195

Saturday April 4...Central Region Conference in Chicago "Renewing and Redeeming Society" All Day P-Flag Conference...Sponsors and Volunteers needed!! Call for more info Karen Jackson (708) 474-8239

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SAPPHOS NETWORK

A support/study/social group for North Central Indiana, P.O. Box 118, Kewanna, IN 46939-0118 (219) 595-7542

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IN INDY THRU MARCH 8

at the Indianapolis Art Center, 820 E. 67th Street, displays paintings that explore aspects of women's spirituality. Entitled *The Way of the Goddess: Monica Brown and Beatriz Ledesma,* the exhibition will showcase the work of two Chicago-based artists, who base their paintings on women's psychology & symbolism

WAITING FOR ED MCMAHON

by Lee Lynch

While friends watch the Broncos play some other football team, all Lover & I care about is Ed McMahon jumping from the van that'll be pulling up to our door any minute now to announce we've won ten (count-em), ten million dollars.

Can you imagine? We could both quit our jobs! I could write full time! We could travel or be lesbians of leisure right here at home!

We could pay off the house. I could pay my car insurance when I get the bill! I could buy my mother's way into a luxurious assisted living facility. I could dump a bunch of cash on the Victory Fund, for starters.

Ed-boy didn't show. Not this year, not last year. Probably, he never will. Not to be stereotypical, but do any of those people in the winners' photographs ever look queer?

No, don't tell me you've never looked inside that sweepstakes envelope. Or deny that you've spent precious time trying to unravel the rules. I used to throw them out. I was above all that. But I'm not about to win any juicy literary prizes, and the likelihood of my femme/butch novel The Swashbuckler reaching the big screen is faint. I'd faint.

It's kind of scary, living in a country where one whole political party is out to keep all the riches in the hands of the few and the rest of us struggle and paste gold stars on play certificates in hopes of entering that rarified society. I have. No, Ghost of Senator McCarthy, I've never been a member of the Communist Party, or the Socialist Workers, or whatever, but I do think it'd be neat if the majority of us didn't have to wish for Publishers Clearing House handouts.

Gambling is not my forte. I think I've used up all the adventuresome bones in my body. If this were not the case I would have spent more than $1.50 in quarters on that one-armed bandit in Reno about ten years ago.

`I can't understand gambling. Unless all I'm risking is a thirty-two cent stamp. Why would anyone work forth hours a week and then hand over a bunch of their earnings to a casino that makes a mint, so to speak? Because they want to win, just like me. Or because it's a compulsion. I can understand compulsion real well. Fortunately, mine currently runs to a need to take too many books out of the library at a time so I'm, never stuck without an engrossing read.

When I lived in Southern Oregon where the lines for Oregon lottery tickets could run longer than the holiday gift returns at K-Mart, I went through a period of buying a ticket a week from a machine. People from faraway states always seemed to win. I gave that up.

When I ran a grocery store in Connecticut it was hard to resist those tickets I sold all day long. I won $10 once. That didn't even reimburse me for the tickets I'd bought.

No, the only time I won anything impressive was at the church fair in Queens. I was a baby dyke with my eye on a basketball at the wheel of fortune booth. I plunked down my dime. The nun spun the wheel. (What's wrong with this picture - - nuns as gambling croupiers?) The wheel clicked like a crazy clock, slowed, crawled, and landed on my number. I'd won and I wasn't even Catholic! One of the nuns reached to the very top shelf and brought down a large yet delicate beauty of a doll. "I made her dress and petticoats myself," she told me as she handed me this frilly foreign object, probably thinking to metamorphose the little tomboy into something more like the doll.

My father always said"You get what you pay for." A dime brought me an unwanted doll. A dollar a week made me a dollar a week shorter. A buck-fifty won me the experience of playing the slots for five minutes. And all those thirty-two cent stamps I sent Ed-boy brought me very skeptical hope.

Hey, maybe next time I'll put money on the Broncos!

copyright Lee Lynch 1998

COURT OF FRIENDS

Okay, all you singles! Looking for that special someone? Here is your opportunity to reach out to other singles. Write out what you want other singles to know about you and what you are seeking in another. Open Arms will run your ad for 2-3 months. You can resubmit/or cancel at any time.

Open Arms reserves the right to edit for length and/or content any letters submitted for publication.

Send your ad to:
The Court of Friends, P.O. Box 845, Mishawaka, In. 46546
You will be assigned an ID number. Your letter and ID number will be published in the next issue (depending upon when we receive your information). Those wishing to respond to a published single, may do so by enclosing their reply in a stamped, sealed envelope with the ID number written in pencil on the front of the envelope. Place your reply into another envelope and mail to the Court of Friends. Your reply will then be addressed to the corresponding single and mailed.

****

#73.....S.W. Michigan Area, WGF, 29 years old, Nursing Student. My interests are traveling, having fun, dancing, musicals, movies, nature walks, holding hands and cuddling with someone special. I am also willing to try new experiences. Please write me a letter.....Looking forward to your response.

****

#74.....I am a 41-year-old white female looking for a non-smoking feminine woman between the age of 40 - 49. If you're looking for compassion, loyalty, companionship, sensitivity, a good sense of humor and a soft butch who is physically fit, then please contact me. I have a lot to offer.

****

March 24, HAPPY BIRTHDAY
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WELLNESS CORNER

RELAXATION AND BREATHING

by Susan Myers

Controlled breathing and the ability to relax at will are essential aspects of managing stress, and their importance is recognized by many complementary practitioners particularly those working with Eastern approaches. Simple breathing exercises and muscle relaxation techniques can be practiced to reduce the physical and mental effects of stress, bringing therapeutic benefits such as lower heart rate, reduced blood pressure, and lower levels of stress hormones. Relaxation techniques are increasingly valued by conventional doctors in the West, and are often taught in hospitals and health centers.

HISTORY

In Eastern health systems, techniques for breathing efficiently and maintaining a body and mind able to cope with stress have been used for thousands of years. In Western medicine, one of the earliest relaxation techniques was developed in the 1930s by American physiologist Dr. Edmund Jacobsen, and is known as "progressive muscle relaxation." In the 1960s, Dr. Herbert Benson of Harvard Medical School researched the therapeutic effects of Transcendental Meditation. Similiar studies took place at the University of California at Irvine. All the results confirmed that simply sitting in a quiet environment and focusing the mind could affect major physiological systems and reverse the effects of stress. Dr. Benson identified this mental state as the "relaxation response." Many complementary practitioners use relaxation and breathing methods and a number of hospitals in the US, Europe and Australia teach progressive muscle relaxation and the relaxation response.

KEY PRINCIPLES

Breathing is involuntary and automatic, but since it can also be consciously controlled, it forms a bridge between mind and body. In traditional Chinese medicine, good health is said to depend on the harmonious interaction of "qi" (life force) in the air with "qi" in the body, through the medium of the lungs. Therapies such as qigong involve breathing exercised to control qi. Indian yogis practice pranayama to steady the breathing and calm the body and mind. Conventional medicine does not recognize the concept of "life energy", but does acknowledge the important role of efficient breathing in dealing with stress. When stress triggers the body's "fight or flight" response, breathing becomes shallow, reinforcing the messages of alarm being sent to the brain. If this "overbreathing" continues, too much carbon dioxide is removed from the blood, which then loses its proper acidity. This directly affects the nerves and muscles, prompting such symptoms as faintness, palpitations and panic attacks. Conditions such as these may be alleviated by slow abdominal breathing often practiced in conjunction with muscle relaxation and visualization. These techniques calm both body and mind and help to "turn off" the fight-or-flight response, thus enhancing well-being throughout the whole body. Abdominal breathing is the key to relaxation. It insures an optimum balance of oxygen and carbon dioxide in the blood stream and helps the body to release mental and physical tension.

.....continued on page 5

IN THE NEWS

received via e-mail....currently posted on the HRC website
ABC is in the process of deciding whether to renew ELLEN for another season and is under a lot of pressure to cancel this wonderful, historic show. While ELLEN has consistently won the ratings race in its timeslot, ABC has been ambivalent about the program, failing to promote it aggressively and instituting parental warnings because of its content.
ABC and its parent company, the Walt Disney Co., continue to be pressured by religious political extremist groups because of the show and their company policies that treat lesbian and gay employees fairly. ELLEN fulfills a critical need for fair, accurate and humorous portrayals of lesbians and gays in prime-time television.
ELLEN needs your support now!!
Contact ABC and Disney and let them know how much you value the show. Tell them how important this program is to the television-watching public, especially young people who might be dealing with their own sexual orientation and families with gay and lesbian members. Send your comments to the following people.....

1) **Jamie Tarses, Entertainment President, ABC**
2040 Avenue of the Stars, Los Angeles, CA 90037
fax: 310-557-7679;
e-mail: hhtp://www.abc.com/vvoice/Viewcons1.html

2) **Michael Eisner, Chairman, The Walt Disney Co.**
500 South Buena Vista St., Burbank, CA. 91521
fax: 818-560-1930
e-mail: http://www.disney.com/Mail

3) **David Newman, President of Network TV**
The Walt Disney Company
(same address, fax, and e-mail as Michael Eisner)

Press Release from the Victory Fund.....Liz Malia, Massachusetts only openly gay legislator won the February special Democratic primary election for a vacant seat in the House of Representatives, overwhelming her two opponents by winning 70% of the vote. Malia will face off against two independent candidates in the March general election and is favored to win. If elected in the March election, the gay and lesbian Victory Fund candidate would become the first openly gay member of the Massachusetts Legislature since 1978.

IMAGES by Zone Paraso Montoya

Zone is a Phillippines-born (1966) lesbian photographer whose work is being shown in a touring exhibit, "Leaving Silence:Queer Asian and Pacific Islander Oral History Exhibit." Zone has a calendar available that features her work. The ALBA (Asian Lesbian & Bisexual Alliance) 1998 & 1999 calendar is available for $15. + $3. shipping
Make checks out to ALBA/Apac.....mail to: ALBA, P.O. Box 14232, Seattle, Washington 98114 Zone's address via e-mail: "SED.ESWU:MONYOYZ"<Zone.Montoya@ci.seattle.wa.us>
received via e-mail from Lee Lynch

RELAXATION AND BREATHING
.....continued from page 4

MAIN USES
Teaching individuals to relax, especially in cases of persistent or relapsing illness, does no harm and often helps alleviate feelings of distress and helplessness. However, doctors do not consider that relaxation and breathing techniques offer a total solution to stress-related conditions. There may be psychological issues to consider, and practitioners should take into account why an individual has lost the ability to relax. If this is the case, appropriate referrals should be considered.
The main uses of relaxation and deep abdominal breathing include: control of anxiety, panic attacks, and phobias; high blood pressure; insomnia and fatigue; asthma; eczema; pain relief; irritable bowel syndrome; PMS and menopausal symptoms.
When you are feeling stressed, muscles become tense, resulting in increased aches and fatigue. To alleviate these symptoms, stop for a moment, preferably a good five minutes, and take some nice slow deep abdominal breaths, letting go of the muscle tension that exists in your body. Deep breathing is akin to giving your body a boost of energy and counters the negative effects the stress hormones have on the body. It's a good, simple way to help stay healthy.

For further reading on breathing and relaxation, look for:
The Relaxation Response by Herbert Benson
The Complete Relaxation Book by J. Hewitt
Reversing Heart Disease by Dean Ornish
The Wellness Book by Herbert Benson

Today many more people are turning to alternative therapies to augment Western medical practices. Many of these therapies are very effective in promoting health and wellness.

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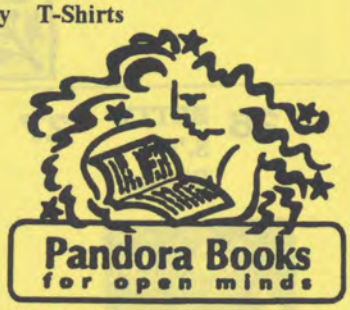

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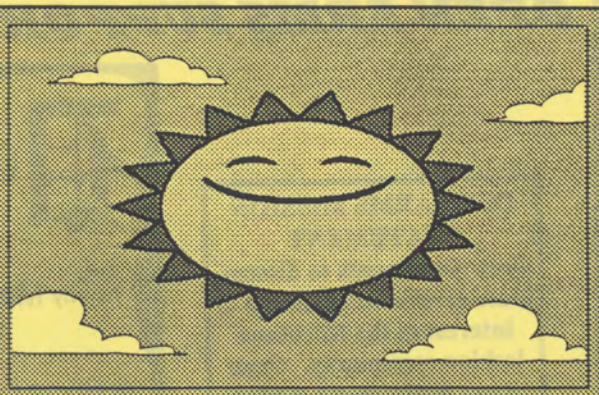
Advertising rates are billed as follows: for the calendar year beginning January 1, and running 12 months thru December 31, a business card sized insert (2" x 3 1/2") is $10.00. For a limited time insert, the cost is $1.00 per month.

PLEASE DIRECT ALL ADVERTISING INQUIRES TO P.O. BOX 845, MISHAWAKA, IN. 46546



MARCH 1998

S	M	T	W	T	F	S
1 Happy Birthday to **Jenni C.**	2	3	4	5 **CELIA W.'s Birthday**	6	7
8 Best Wishes **SUSAN S.**	9	10	11	12	13	14 **POTLUCK 6:00 P.M.**
15 Happy Birthday to **ANDY**	16	17 St. Patrick's Day	18	19	20 Spring Begins	21 LAVENDER-RHYTHM'S "Lose those Winter Blues" Dance 9 p.m.-1 a.m. Niles,MI
22	23	24 BIRTHDAY WISHES to **C. CAIN**	25	26 **BETTY S.'s Birthday**	27	28 Birthday wishes **MELISSA P.**
29	30 Happy B-Day **LISA T.**	31				